

**ABSTRACT OF THE DISCLOSURE**

The present invention discloses a shock absorbing shoe. The shock absorbing shoe comprises: an upper member which wraps and protects the instep and ankle; a cushion member which is sutured to the upper member, improves a frictional force between the sole of a foot and the ground, and consists of a forefoot portion and a heel portion each having a recess of a predetermined depth; a buffering unit which is arranged in the respective recesses of the forefoot and heel portions of the cushion member for absorbing shocks while the wearer is walking or running; an air pumping unit which is arranged in the recess of the heel portion to perform an auxiliary buffering action and which supplies air onto the forefoot portion; and a bottom sole which is mounted on the upper part of the cushion member and to which the foot sole of the user is tightly attached. By this, a mutual complementary buffering effect is exhibited by the coil springs and the auxiliary buffering body and so on, thus doubling the shock absorbing effect. Therefore, there is no strain given to the knee or joints of the user, so the convenience of use and marketability can be enhanced.